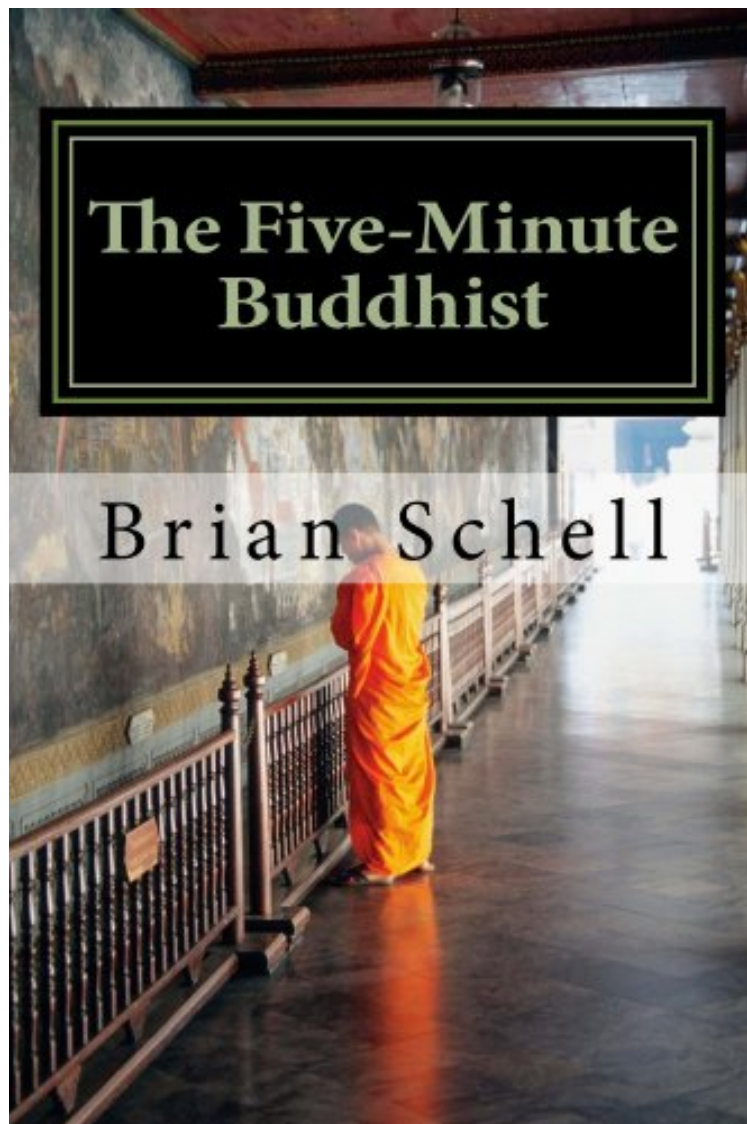


(Read free ebook) The Five-Minute Buddhist: Getting Started in Buddhism the Simple Way (English Edition)

## The Five-Minute Buddhist: Getting Started in Buddhism the Simple Way (English Edition)

*Von Brian Schell*

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**Von Brian Schell : The Five-Minute Buddhist: Getting Started in Buddhism the Simple Way (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Five-Minute Buddhist: Getting Started in Buddhism the Simple Way (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Ntzliche

information Von Peter van Wermeskerken Das Buch gefällt mir weil es nützliche Information über den Buddhismus enthält. Dafür braucht man aber nur das erste Teil. Im letzteren gibt es ein brillantes Spiel von Fragen und Antworten. Es ist nicht fließend geschrieben. Peter van Wermeskerken

Kurzbeschreibung A jargon-free, plain language introduction to the foundational ideas of Buddhism and real-world tips for practicing Buddhism while balancing life in the real, modern world. This book goes easy on the mystical mumbo-jumbo and simply introduces the ideas that will help you live in the present and feel different about the world and your place in it. Geared towards people who were raised outside of Asia and people with a secular or Christian background who want to learn more of the philosophy that can change your life. This toolkit gives short lessons in what Buddhism is, and more importantly, how to apply it in situations with which you are already very familiar.

Chapter List

Section I: The Basics

What is Buddhism? Who was Buddha? What Buddhists Don't Believe The Four Noble Truths The First Noble Truth The Second Noble Truth The Third Noble Truth The Fourth Noble Truth The Eightfold Path Step 1: Right View The Eightfold Path Step 2: Right Intention The Eightfold Path Step 3: Right Action The Eightfold Path Step 4: Right Speech The Eightfold Path Step 5: Right Livelihood The Eightfold Path Step 6: Right Effort The Eightfold Path Step 7: Right Mindfulness The Eightfold Path Step 8: Right Concentration The Five Precepts The First Precept The Second Precept The Third Precept The Fourth Precept The Fifth Precept Five Faultless Gifts The Three Poisons Theravada Mahayana Pure Land Tantric Buddhism / Vajrayana Tibetan Buddhism Zen Buddhism Buddhist Symbolology The Lotus The Conch The Parasol Golden Fish Treasure Vase The Victory Banner The Endless Knot The Dharma Wheel Buddha Jokes, Round One

Section II: QA And Special Topics

Vegetarianism Beginners Advice Global Suffering Souls, Karma and Moving On Disappointment Buddhist Movies Zen Enough? The Three Jewels include the Sangha Self-Help Buddhism Koan: A Diamond In The Road Suicide? What are Stupas? Yama Naraka: Death and Hell Mara The Tempter Bodhisattvas Book : The Universe in a Single Atom by the Dalai Lama Koan: Is That So? Creation and Evolution The Other Precepts Koan: Obedience Mandalas Namaste! No-Self or Anatman Dependent Origination So You Want To Be A Buddhist? Buddhist Weddings Dealing with the Family Book : The Accidental Buddhist Faith or Not? The Pesky Fifth Precept Koan: Great Waves Do Christians Have Karma? Buddhist Jargon and Terminology Buddhist Pet Food The Karma of Performance Controlling Karma Book : Buddhist Scriptures, by Edward Conze, Ed. Buddhist Service Obligations? Koan: A Buddha Koan: The Muddy Road Meditation Breath Watching Insight Meditation Empty Mind Meditation Walking Meditation and Kinhin Mindfulness Meditation Mantra Meditation Conceptual Meditation Other Forms of Meditation The Forty Meditation Themes Buddhist Rosary Beads Book : Footprints in the Snow Prayer in Buddhism Fat Buddha, Skinny Buddha, Laughing Buddha Zen Gardens Maya Pajapati / Mahapajapati Kwan Yin Koan: Not Far from Buddhahood If You Meet the Buddha on The Road, Kill Him Buddhism and Homosexuality Book : The Method of No-Method: The Chan Practice of Silent Illumination To Meat or Not to Meat? The Four Seals The Four Immeasurables Koan: The Strawberry Koan: The Sound of One Hand A Sensitive Topic: Masturbation Buddhist Parenting and Discipline I, Cannibal: Horror and Buddhism Buddhist Temples Why Do Buddhists Pray To Idols? Just Sitting or Just Goofing Off? Rebirth, Death, Heaven and Nirvana Am I Buddhist Enough? War and Peace Rebirth and Karma Why Do Buddhists Fall In Love? Koan: The Voice of Happiness Hinduism and Buddhism Does Nirvana Mean Death to Everything? Compassion and Pity How Can I Desire Enlightenment? Stringing Us Along Reincarnation, God, and Other Things You Don't Believe Creation and the Origin of the Universe Closet Buddhism Being In the Present Koan: The Dead Man's Answer Learning No

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